

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2011

## Tomato Cucumber Salad

## Tuna Shoestring Salad

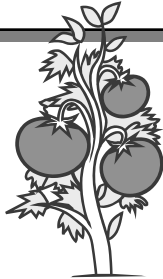
## Chicken Marinade

## Peach Crisp

## Ranger Cookies

### Tomato Cucumber Salad

4 large tomatoes, chopped into bite-size pieces  
4 cucumbers, chopped into bite-size pieces  
¼ cup fat free mayonnaise  
¼ cup light sour cream  
3 tablespoons dry dill weed  
Dash of garlic powder



1. Place chopped tomatoes and cucumbers in a large bowl.
2. Combine mayonnaise, sour cream, dill weed and garlic powder together in a separate bowl.
3. Pour dressing over tomatoes and cucumbers. Stir gently to coat vegetables.

Recipe Source: [www.numatters.com](http://www.numatters.com)

**Nutrition Note:** This recipe makes 6 servings. Each serving has 70 calories, 1.5 grams of fat, and 16 grams of carbohydrates.

### Tuna Shoestring Salad

2 cans (5 ounces each) water-packed tuna, drained  
2 cups shredded carrots  
2 cups chopped celery  
½ cup chopped green onions  
1½ cups light Miracle Whip  
2 cups canned shoestring potatoes  
Pepper to taste

1. Mix all ingredients in a bowl and serve.
2. If you are going to serve later, add shoestring potatoes right before serving to keep them from getting soggy.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 165 calories, 7 grams of fat, and 15 grams of carbohydrates

## Breastfeeding:

### Why breastfeed?

*"This is my fifth child. I breastfeed because it is my one on one time with the baby, my peace and quiet, and my bond."*

~ Mary, WIC Breastfeeding Mom from Bismarck



For more information about breastfeeding, check out our new breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



## Shop Smart - Stretch Your Fruit & Veggie Dollar

When buying cauliflower, here are some things to consider.

Select: Firm, creamy white compact heads with no blemishes

Store: In the refrigerator, wrapped in plastic, for up to 5 days

Use: Steam and top with shredded cheese; use in salads or eat raw with a dip

(Adapted from the California WIC Program)

### Chicken Marinade

½ cup soy sauce  
¼ cup vegetable or canola oil  
¼ cup red wine vinegar or white vinegar  
1 teaspoon oregano  
½ teaspoon basil  
½ teaspoon parsley  
¼ teaspoon garlic powder  
½ teaspoon pepper  
1 pound boneless, skinless chicken breasts, or chicken pieces with skin removed



1. Mix all ingredients together except chicken.
2. Place chicken in a large resealable plastic bag. Pour marinade over chicken.
3. Seal bag and shake.
4. Refrigerate for at least 1 hour.
5. Drain marinade from chicken before grilling or baking.

**Nutrition Note:** This recipe makes 5 servings. Each serving has 210 calories, 13 grams of fat, and 3 grams of carbohydrates.

### Peach Crisp

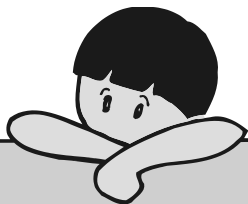
3 cups sliced peaches  
½ cup flour  
½ cup brown sugar  
½ cup oatmeal  
1 teaspoon cinnamon  
¼ cup margarine or butter



1. Preheat oven to 350 degrees.
2. Cut peaches into bite-size pieces. If using canned peaches, drain and rinse peaches first. Place peaches in a medium baking dish.
3. In a medium bowl combine flour, brown sugar, oatmeal and cinnamon.
4. Using a fork, mix the margarine into the flour mixture until the mixture becomes crumbly.
5. Sprinkle flour mixture over peaches.
6. Bake for 20 minutes, until peaches are tender.
7. Serve warm. Refrigerate leftovers.

Recipe Source: [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org)

**Nutrition Note:** This recipe makes 8 servings. Each serving has 170 calories, 6 grams of fat, and 29 grams of carbohydrates.



### Turn Off the TV

**Catch and Do:** On each section of a beach ball (traditionally sectioned by color), write an action word such as jump, turn, shake, etc. Children can play catch with a partner or in a group. Roll or throw the ball to each other. When the child catches the ball, they should look to see where their hand is on the ball and do that action. Then throw the ball to another child.

(From [www.headstartbodystart.org](http://www.headstartbodystart.org))

### Ranger Cookies

1 cup butter or margarine  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 cups quick oatmeal  
1 cup chopped pecans  
2 cups corn flakes  
1 cup coconut



1. Preheat oven to 375 degrees. Coat cookie sheets with nonstick cooking spray.
2. In a large bowl, cream butter. Add both white and brown sugars gradually, mixing well.
3. Add eggs one at a time, beating after each egg is added.
4. Add vanilla and mix well. Set aside.
5. In a separate bowl, mix together flour, baking powder, baking soda and salt. Add to butter mixture.
6. Add oatmeal, pecans, corn flakes and coconut. Mix well.
7. Drop by rounded teaspoons onto cookie sheets.
8. Bake for about 10 minutes or until lightly browned.

**Nutrition Note:** This recipe makes 6 dozen cookies (about 72 cookies). Each cookie has 90 calories, 4.5 grams of fat, and 11 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
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## GROWING HAPPY FAMILIES

### Be a good food role model.



Try new foods yourself. Describe its taste, texture and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.